

# THE WARBLER

## AN EDUCATIONAL WEEKLY

ISSUE

110

MAY 18, 2022

### Dear Student, Artist, Thinker,

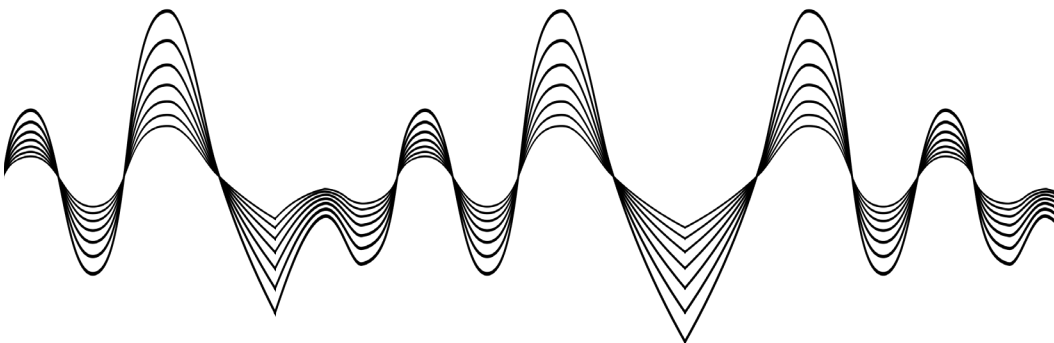
What is the first song that comes to mind when you think of summer? What song makes you think of sadness, or love, or struggle? **Music has this power** to bring back memories, as well as soothe the mind and body.

The *Merriam Webster* dictionary defines music as the art of ordering tones or sounds in succession, in combination, and in temporal relationships to produce a composition having unity and continuity. It is more than “noise” as our parents or guardians may have used to refer to our favorite songs back in the day. Music can act as a conduit for healing, memory improvements, and brain function.

First, we will read about the different ways music can be helpful for everything from stress relief, recalling memories, to recovering from brain injuries. The information in the articles can be used for increasing the use of music into different treatment programs. Then, we will discuss the process of using music for meditation — literally losing ourselves in the music and the moment (calling all Eminem fans).

We hope you enjoy our issue on how impactful music can be to overall health, and that you are able to go on a journey through the reflections.

**Gabrielle, Je’Kylynn, and Sara Beth** | Auburn University



“I think music in itself is healing. It’s an explosive expression of humanity. It’s something we’re all touched by. No matter what culture we’re from, everyone loves music.” **BILLY JOEL** // American singer-songwriter

### WORDS INSIDE

FOUND INSIDE “THE POWER OF MUSIC ...”

**physiology** | the way in which a living organism or bodily parts function

**interdisciplinary** | relating to more than one branch of knowledge or study

FOUND INSIDE “THE ROLE OF MUSIC IN STRESS MANAGEMENT”

**prevalence** | the fact or condition of being common

**cortisol** | the body’s main stress hormone

FOUND INSIDE “MINDFULNESS WITH MUSIC ...”

**metacognition** | Awareness of one’s thought process

**bandwidth** | a range of frequencies within a given band, in particular that used for transmitting a signal

FOUND INSIDE “A NEW ALBUM BY MUSICIANS WHO ...”

**nahuatl** | member of a group of indigenous persons to southern Mexico and Central America, including the Aztecs

...



## MINDFULNESS

# Mindfulness with Music

*Mindfulness with music is the art of applying present-moment awareness to music.*

BY RYAN KANE | *Mindfulness Box* | May 1, 2022

Ever listen to a song and feel like you were getting completely absorbed in the music? Noticing the different layers of sound, the different instruments, the tempo and textures and rhythm?

You may have been experiencing mindfulness with music.

Mindfulness is the art of paying attention deeply to the present moment, observing thoughts and emotions that arise without judgment. Music is a great vehicle for mindfulness practice because of how immerse it can be.

Let's review what mindful music listening is, what types of music can be used, and how to do a mindful listening session.

**Can I practice mindfulness while listening to music?** Yes, you can definitely practice mindfulness while listening to music.

In fact, music might help you be calmer and more present.

Studies show that music is good for the brain, even independent of any mindfulness practice. Music can slow your heart rate, make you calmer, and lead to less stress. Music has also been shown to evoke memories and repair brain damage.

**These benefits — calm, less stress, a slower heart rate — may help create an environment that's more conducive to mindfulness.** Listening to music can help you connect with emotions and sensations, providing a deeper level of awareness. In addition, music can help to create a sense of spaciousness and peace.

Note that mindful listening isn't exactly the same as flow, which shows up frequently with music, too. Flow is the state of becoming totally immersed in an activity you love to the point that you lose yourself in the activity.

Mindful listening is more intentional than that, and you never lose yourself (although you can become immersed). Even so, you keep a level of metacognition active at all times. Mindful listening involves not only listening carefully to all aspects of the music, observing not only the different sounds and rhythms, but also observing your own thoughts and feelings as they arise.

**You're not limited to "meditation music"**

You might feel like mindful listening needs to be done

with "spiritual" music, chanting monks, or at the very least, classical music.

Not the case.

**You can listen to literally any type of music in your mindful music practice.**

Yes, even heavy metal.

However, you may find the process goes easier with slower, calmer tracks that keep your heart rate down and aren't too distracting for you to stay present. This is one reason that for many people, instrumental or classical music works well.

You might also experiment with music that evokes positive memories and good energy. Just be mindful that songs you know well may cause more of your own thoughts, emotions and memories to bubble to the surface as you listen.

In the end, the music you choose for mindful listening is inherently personal.

For the purposes of writing this article, I pulled up a song I don't know too well but have enjoyed recently: *6's to 9's* by Big Wild.

It's not exactly calm-inducing, but it brings me a lot of positive energy.

I put on my noise-canceling headphones and hit play.

**Normally, when I listen to music, I'm doing something else at the same time.**

As a result, it's often possible to have no idea what the songs I listen to are actually about, because I'm not truly listening to the lyrics.

This time, I could feel the fullness of my attention focused on the song. There was more bandwidth available to devote to all the different aspects of the song: the lyrics, the different instruments, the changing tempos.

There was also my own experience to observe. How was my energy being affected? As the tempo ran up towards a big beat drop, I could feel a tingling sensation in my body.

It may work better for you to use a song you don't know well, or one with a slower tempo, so you don't get too caught up in your emotions.

Experiment with different songs and styles and see what works best for you. ●



“Music should be your escape.”

MISSY ELLIOT // American rapper

## THERAPY

# The Role of Music in Stress Management

BY LISA TAMS | *Michigan State University Extension* | June 17, 2021

Music can be used as a therapeutic tool to not only reduce stress, but to also promote healing and improve one's overall emotional well-being. Recent research demonstrates that the use of music in addition to standard therapeutic tools provides additional restorative benefits for people with depression and anxiety, compared to those who received just therapy without the use of music. Different uses may include listening to music, playing a musical instrument, singing along to music and using guided imagery with music.

Music can make us feel good. There is solid evidence that music stimulates the production of dopamine, the “feel good” hormone in our bodies. Through the use of functional magnetic resonance imaging (MRI), a 2011 study demonstrated that dopamine increased in the brain when listeners experienced positive emotions in the same areas of the brain where pleasure is experienced when food and other sorts of cravings are satisfied. These findings may shed light on why music has played such a significant role shaping culture and is a source of pleasure for human beings throughout our history. Music is an integral part of life's milestones and just about every significant life event across cultures, including weddings, birthday celebrations, funerals and religious activities.

In addition to helping human beings experience positive emotions, listening to music has also been associated with improving our physical health and well-being. There is good reason to believe that even more benefits are gained from music therapy when it is used not as a random activity, but as an intentional strategy to improve health and well-being.

One study demonstrated that listening to music while taking a break reduced the prevalence of stress among front-line nurses, a profession that has long been marked by high rates of stress and occupational burn-out. In this study, participants were divided into two groups. One group listened to soothing music of their choice for 30 minutes while the other group rested quietly sitting in a chair for the same length of time. When outcomes were compared for the two groups, nurses who listened to music had lower perceived stress levels, lower levels of cortisol in their bloodstream and lower heart rates when compared to the group that rested in the chair.

Music can be an extremely useful tool for a wide range of audiences for stress relief since it is free or

low-cost and readily available through a vast array of digital outlets. Any activity we engage in can be mindful and music provides the ultimate outlet to get lost or immerse oneself in something other than the thoughts



in one's head. Anyone can put a playlist together on their devices with music that aids in stress reduction; here is a sample of some relaxing songs:

1. “In My Time” by Yanni Pachelbel’s Canon in D
2. “Sailing” by Christopher Cross
3. “Don’t Worry, Be Happy” by Bobby McFerrin
4. “Easy” by the Commodores
5. “Hasta Mi Final” by Il Divo
6. “The Best of Michael Franks” by Michael Franks
7. “Wake Up” by Marvin Gaye
8. “When you say Nothing at All” by Allison Krause
9. “Perfect” by Ed Sheeran

Music is a powerful tool that can switch off the stress response and in turn improve our emotional health. Whether one listens to, plays or sings doesn't matter. All of it has proven benefits. ●

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**“One good thing about music,  
when it hits you, you feel no pain.”**

BOB MARLEY // Jamaican musician, singer, songwriter

## MATHEMATICS

## Sudoku

#219 PUZZLE NO. 4759065

2								
7		4					8	
			1	6				
	3		5					
		6		8				9
8			2		4		7	5
			3	4				
							5	7
		5						8

#220 PUZZLE NO. 6706513

					4		6	1
5	2				8	4		3
		3	9					
			2		1	6	4	
2		4				7		
	7				2			5
			4		3			
		1			9		2	

©Sudoku cool

## SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1–9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.

BOX	BLOCK								
			3	9			1		
5		1						4	
9			7			5			
6	2	5	3				7		
			7					8	
7			8			9		3	
8	3		1			9			
	9		2		6			7	
4					3		6	1	
			ROW						

What the example will look like solved 📌

2	4	8	3	9	5	7	1	6
5	7	1	6	2	8	3	4	9
9	3	6	7	4	1	5	8	2
6	8	2	5	3	9	1	7	4
3	5	9	1	7	4	6	2	8
7	1	4	8	6	2	9	5	3
8	6	3	4	1	7	2	9	5
1	9	5	2	8	6	4	3	7
4	2	7	9	5	3	8	6	1



“I was born with music inside me. Music was one of my parts. Like my ribs, my kidneys, my liver, my heart. Like my blood. It was a force already within me when I arrived on the scene. It was a necessity for me — like food or water.”

RAY CHARLES // American musician

Icons from the Noun Project



## DID YOU KNOW?

If you are listening to music while you are exercising, you will improve your **performance**.

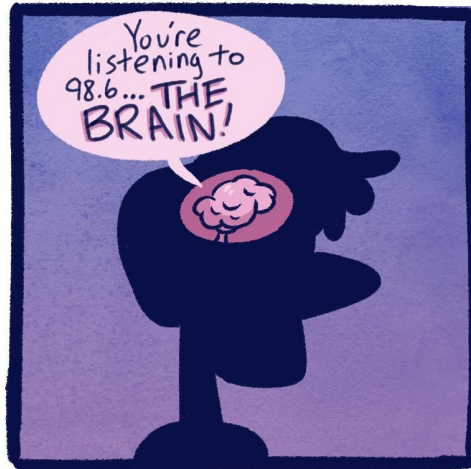
Our **heartbeat** adapts to the rhythm of the music we're listening to.

We choose our favorite songs based on our **own contexts** and backgrounds.

Songs can actually change our **perception** of the world. What comes in through the ears affects what is seen by the eyes.

Music interferes with the deepest levels of the brain including **motor sections**.

Source: <https://listn.to/post/10-music-facts>



## Idiom

### “Music makes the world go round”

**Meaning** the ability of music to bring people together from all walks of life

**Origin** This quote was first used in a musical play ‘Cabaret, which was written in the 1960’s. The play was a melancholy one and in one of the songs the female lead expresses her wish for love, and her male counterpart replies “money makes the world go round”

Source: <https://qa-faq.com/en/Q%26A/page=19e22b42bec8e5d8b08c8df46061a63b#s0>

“Music is life itself. What would this world be without good music? No matter what kind it is.”

LOUIS ARMSTRONG // American trumpeter



MUSIC IS PRESCRIBED FOR PATIENTS WITH PARKINSON'S DISEASE AND STROKE SURVIVORS. IT **IMPACTS NEURONS** INTO ORGANIZED MOVEMENT AND REACTION, SO IT CAN HELP WITH GESTURES AND SPEECH.

## ART + CULTURE



# The Gift to Sing

BY JAMES WELDON JOHNSON

Sometimes the mist overhangs my path,  
And blackening clouds about me cling;  
But, oh, I have a magic way  
To turn the gloom to cheerful day—  
I softly sing.

And if the way grows darker still,  
Shadowed by Sorrow's somber wing,  
With glad defiance in my throat,  
I pierce the darkness with a note,  
And sing, and sing.

I brood not over the broken past,  
Nor dread whatever time may bring;  
No nights are dark, no days are long,  
While in my heart there swells a song,  
And I can sing.

James Weldon Johnson (June 17, 1871 – June 26, 1938) was an African American writer and civil rights activist. He became well known for his creative writing during the Harlem Renaissance. One of his most famous pieces is the song, "Lift Every Voice and Sing," which is now known as the National Anthem for African Americans.

## WRITING PROMPT

Describe the first album you remember getting for yourself to listen to? What emotion or memory comes up for you when you think about it? Use this to write a poem, short story, illustration, or non-fiction essay.

## Word Search

C	U	P	H	M	H	E	T	O	L	N	H	H	I
T	F	O	R	T	E	O	H	A	R	M	O	N	Y
S	O	Y	E	O	M	R	Y	S	Y	M	R	D	Y
O	Y	N	H	C	R	L	C	C	U	C	C	S	C
P	I	M	O	O	S	M	H	M	S	R	O	A	O
H	S	R	Y	S	E	O	O	E	R	E	N	S	R
N	C	H	N	M	A	E	R	O	M	S	D	C	C
M	M	N	H	D	E	I	U	C	F	C	U	I	H
D	R	S	E	E	C	L	S	C	T	E	C	M	E
C	C	T	E	M	P	O	O	M	H	N	T	A	S
N	M	E	Y	O	H	P	A	D	O	D	O	N	T
T	C	O	M	Y	C	T	D	T	Y	O	R	Y	R
N	T	C	O	U	R	D	O	R	O	M	M	D	A
O	H	O	S	Y	M	P	H	O	N	Y	R	M	U

FORTE  
TEMPO  
SYMPHONY

HARMONY  
MELODY  
ORCHESTRA

DYNAMICS  
CHORUS

CRESCENDO  
CONDUCTOR

## MUSICIANS

# A New Album by Musicians Who are Incarcerated Features Songs of Prison, Trauma, and Hope

BY MICHAEL PATRICK F. SMITH | *The Washington Post* | September 29, 2021

A person incarcerated in Colorado, says he spent two years lobbying the prison for a band room. Eventually, an interim warden agreed to his plan, and a room was created. The fellow musicians didn't need the space just to blow off steam or jam guitar during rec hour. The group had been assembled to record an album — one produced by a record label that would ensure their music reached past the walls of the prison.

That album — called “*Tlaxihuiqui*” (pronounced tla-she-wiki), which means “the calling of the spirits” in the Uto-Aztecan language of Nahuatl — was recorded over four days and released by Die Jim Crow Records in August. Die Jim Crow, based in New York and Philadelphia, says it is “the first record label in the United States for former and current musicians who are incarcerated.” The label released its first EP of original music in 2016, featuring six songs recorded by persons living in an Ohio state prison. On Juneteenth of 2020, it put out a full-length album by BL Shirelle — who'd spent 10 years inside prison in Pennsylvania — called “*Assata Troi*,” which means “she who struggles is a warrior.”

The new album, featuring the group that was assembled, begins with the startling sound of a traditional chant performed by two indigenous persons who are incarcerated. The record proceeds from there in a style its creators refer to as “prog-Americana,” a dreamlike sound tapestry that, while it certainly holds together as an album, can also feel like a bracingly weird, electrifying and raw mix tape. Structurally, the songs are bold — mixtures of balladry, hip-hop, country, soul and blues reside, in some cases, within a single song — and are flavored with instruments as diverse as organ, flute and alto sax. Lyrically, these songs wrestle with the personal and systemic trauma of the marginalized — yet consistently the words are buoyed by hope for redemption.

While some overdubs were completed by musicians in Nashville and at various home studios across the country, most of the singing and instrumentation were performed by the seven individuals incarcerated in Colorado. The album bristles with this tension. The howling need for redemption at its core makes it less a mere musical experience and more a profound leap of faith.

The songs soar and crawl, rage and plead, beg and proclaim, revealing the searching soul of an incar-

cerated melting pot within the borders of our own body politic. “It is supposed to make you ask yourself hard questions,” Fury Young, executive director of Die Jim Crow and the album's producer, tells me. “Because prison is not easy. After listening to the album, “I would hope that people come out of it on the other side with some kind of evolution,” he says. “It may not be positive. It may not be quite hope. But some sort of evolved way of thinking about prison and humanity ... and maybe also forgiveness of some kind.”

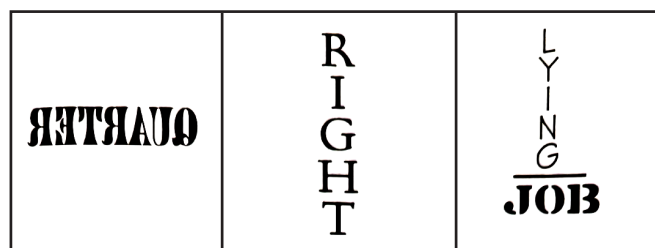
As “*Tlaxihuiqui*” is a musical document, its reception will hinge to a great extent on the musical tastes of the listener, but its acceptance — certainly more than any record I've ever heard — will hinge on the listener's own relationship with the idea of forgiveness, who deserves it, who gets it and how much of it we have in our hearts. ●



Musicians during the recording of “*Tlaxihuiqui*” at Colorado's Territorial Correctional Facility. The album was recorded over the course of four days.

Photos by Fury Young/  
Die Jim Crow Records

**WORD PLAY** A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters “LOOK ULEAP,” you could guess that the phrase is “Look before you leap.” *Answers are on the last page!*





## HEALTH

# The Power of Music

## *How it Can Benefit Health*

BY HONOR WHITEMAN | *Medical News Today* | November 19, 2015

We can all think of at least one song that, when we hear it, impacts us in an emotional way. It might be a song that accompanied the first dance at your wedding, for example, or a song that reminds you of a difficult break-up or the loss of a loved one.

“We have a such a deep connection to music because it is ‘hardwired’ in our brains and bodies,” Barbara Else, senior advisor of policy and research at the American Music Therapy Association told *Medical News Today*. “The elements of music – rhythm, melody, etc.— are echoed in our physiology, functioning and being.”

In this Spotlight, we take a closer look at some of the potential health benefits of music and look at whether, for some conditions, music could be used to improve — or even replace — current treatment strategies.

### Reducing pain and anxiety

A study, led by Brunel University suggested music may reduce pain and anxiety for patients who have undergone surgery. By analyzing 72 randomized controlled trials involving more than 7,000 patients who received surgery, researchers found those who were played music after their procedure reported feeling less pain and anxiety than those who did not listen to music, and they were also less likely to need pain medication. This effect was even stronger for patients who got to choose the music they listened to. Listening to calm, relaxing, self-chosen music “reduced pain and increased functional mobility significantly” among 22 patients with fibromyalgia, according to the investigators.

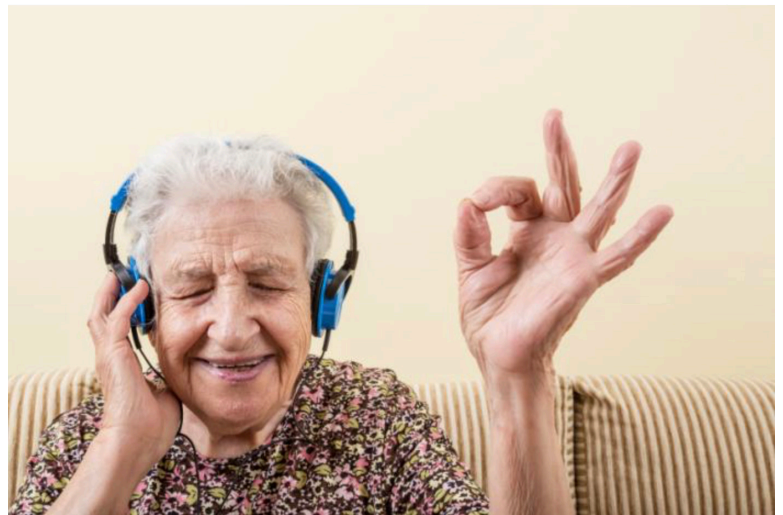
But why does music appear to ease pain? Many researchers believe one reason is because listening to music works to release of opioids in the brain, the body’s natural pain relievers.

### An effective stress reliever

When feeling stressed, you may find listening to your favorite music makes you feel better – and there are numerous studies that support this effect. Another study found that infants remained calmer for longer when they were played music rather than spoken to – even when speech involved baby talk. Researchers believe the repetitive pattern of the music reduced distress, possibly by promoting “entrainment” – the

ability of the body’s internal rhythms to synchronize with external rhythms, pulses or beats. According to some researchers, music may help alleviate stress by lowering the body’s cortisol levels – the hormone released in response to stress.

The review also suggests this stress-relieving effect is dependent on what type of music one listens to,



with relaxing music found most likely to lower cortisol levels. “Stimulating music produces increases in cardiovascular measures, whereas relaxing music produces decreases,” researchers explain. “These effects are largely mediated by tempo: slow music and musical pauses are associated with a decrease in heart rate, respiration and blood pressure, and faster music with increases in these parameters.”

### Music and memory

Certain songs have the ability to remind us of certain periods or events in our lives. With this in mind, researchers are increasingly investigating whether music may aid memory recall.

A study published in the journal *Gerontologist* assessed the effect of music on memory recall in individuals with early-stage dementia. For the research, 89 people with dementia and their caregivers were randomly assigned to either a 10-week singing coaching group, a 10-week music listening coaching group



or usual care. The results revealed that both the singing and music listening groups not only had better mood and overall well-being, but demonstrated better episodic memory on cognitive assessments. The singing group also showed better working memory than the usual care group.

“Regular musical leisure activities can have long-term cognitive, emotional, and social benefits in mild/moderate dementia and could therefore be utilized in dementia care and rehabilitation,” the authors concluded.

### Music therapy should be utilized more in health care settings

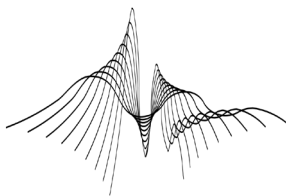
Based on the substantial evidence that music offers numerous health benefits, many experts are calling for greater utilization of music therapy within health care settings.

“Music therapists are poised and ready to assess, deliver and document music therapy treatment but also to consult with our colleagues (physicians, nurses, physiotherapists physical, occupational therapists, speech-language pathologists, etc.) to support the patient as part of the interdisciplinary team and care of the patient,” Else told MNT.

In addition, Else believes that music therapy could offer an alternative treatment option for some conditions – such as tension headaches.

Based on the research to date, there is certainly evidence that we have much more than just an emotional connection with music. So, the next time you put on your favorite track, have a little dance around safe in the knowledge that you are likely to be reaping some health benefits. ●

🔊 Edited for space



“I don’t make music for eyes.  
I make music for ears.”

ADELE // English singer and songwriter

## RANDOM-NEST

### Why is Music Written In Different Keys?

BY RUSSELL TORRANCE | ABC.NET.AU | AUG 2019

The “key” is one of the defining characteristics of a piece of music. It’s the scale that its notes generally fall under, and the particular notes and chords that feel like “home” when they arrive.

What if a particular musical key made you feel a particular way, or had certain associations? The German composer and writer Christian Schubart made a list of the musical keys and what they might mean, in a book he published in 1802.

Keyboard instruments were tuned differently in Schubart’s day. The gaps between each note were not even like they are today, so different keys really did sound different, not just higher or lower. Or perhaps certain musical pitches are more in harmony with the natural resonance of a room, or even our bodies.

One thing is clear to me: composers from before the 20th century lived in a time when most people believed that musical keys did have characteristics, and music using them would make you feel a particular way. So we must assume, then, that it’s likely Mozart, for example, choosing G major for a piece, would expect you to feel that it was “rustic, idyllic and lyrical.” Here’s a few examples of the associations from Schubart’s list.

**D Major** | The key of triumph, of Hallelujahs, of war-cries, of victory-rejoicing. Thus, the inviting symphonies, the marches, holiday songs and heaven-rejoicing choruses are set in this key.

**E♭ Major** | The key of love, of devotion, of intimate conversation with God.

**D# Minor** | If ghosts could speak, their speech would approximate this key.

**E Major** | Noisy shouts of joy, laughing pleasure and not yet complete, full delight lies in E Major.

**F Major** | Complaisance & Calm.

**F# Major** | Triumph over difficulty, free sigh of relief uttered when hurdles are surmounted; echo of a soul which has fiercely struggled and finally conquered lies in all uses of this key.

**F# Minor** | A gloomy key: it tugs at passion as a dog biting a dress. Resentment and discontent are its language.

**G Major** | Everything rustic, idyllic and lyrical, every calm and satisfied passion

**G Minor** | Discontent, uneasiness

**A Major** | This key includes declarations of innocent love, satisfaction with one’s state of affairs; hope of seeing one’s beloved again when parting; youthful cheerfulness and trust in God.

**B♭ Major** | Cheerful love, clear conscience, hope aspiration for a better world.

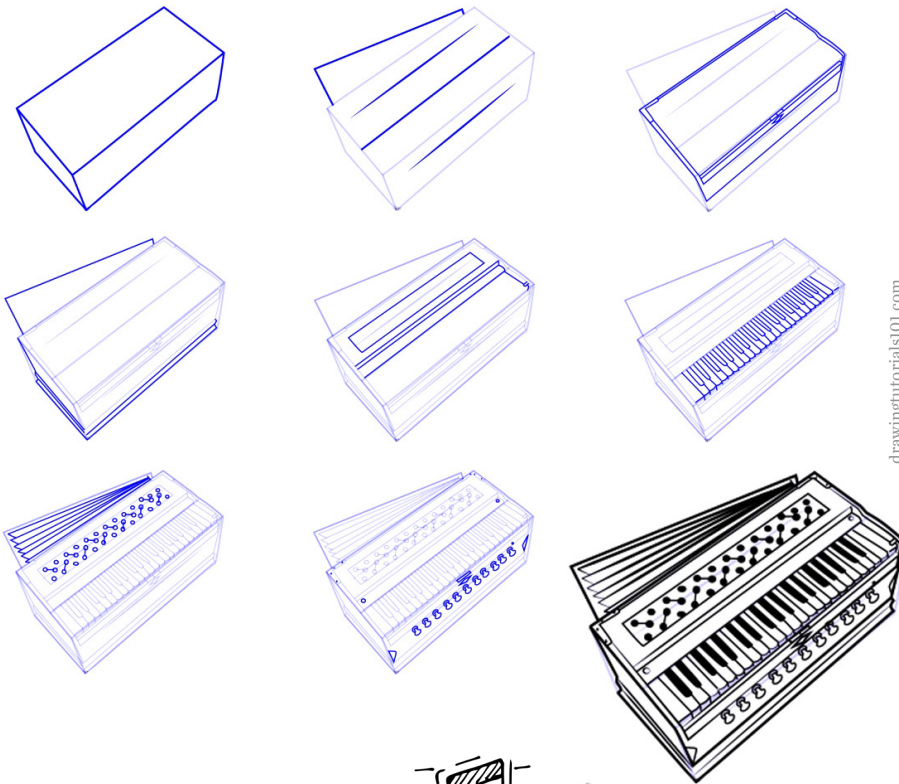
**B♭ minor** | A quaint creature, often dressed in the garment of night. It is somewhat surly and very seldom takes on a pleasant countenance. Mocking God and the world; discontented with itself and with everything.

**B Major** | Strongly coloured, announcing wild passions, composed from the most glaring colours. Anger, rage, jealousy, fury, despair and every burden of the heart lies in its sphere.

**B Minor** | This is as it were the key of patience, of calm awaiting one’s fate and of submission to divine dispensation.

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## HOW TO DRAW A HARMONIUM



## WORDS OF ENCOURAGEMENT

Stevie Wonder once said that “music is a world within its self with a language we all understand.” Music can be this tool for connection and the means in which we hope to engage with others, as was the means for us to share information and connect with you in this article. Through reading this newsletter, we hope you’re able to better connect with your emotions through the power of music, and use it as a tool to soothe the mind and body.

Music can encourage and inspire, and in closing we hope to leave you with brief words of encouragement that have been, and still are, inspiring to us in moments when times are tough:

*“One day you will tell your story of how you overcame what you went through, and it will be someone else’s survival guide.” —Brené Brown*

We all need gentle pushes and kind words from others who have had the courage to dare and thrive despite challenges and fear, and hopefully these words from an enlightened researcher, Brené Brown, can add value for you, as they have for us. We encourage you to fill your memories with music and build the soundtrack of your life story.

*The APAEP Team*



1061 Beard-Eaves Memorial Coliseum // Auburn University, AL 36849

## Answers

2	8	1	4	5	7	9	6	3
7	6	4	9	2	3	5	8	1
9	5	3	1	6	8	7	2	4
4	3	7	5	9	6	8	1	2
5	2	6	7	8	1	4	3	9
8	1	9	2	3	4	6	7	5
1	7	8	3	4	5	2	9	6
6	4	2	8	1	9	3	5	7
3	9	5	6	7	2	1	4	8

1	4	6	3	9	5	2	8	7
9	3	8	7	2	4	5	6	1
5	2	7	1	6	8	4	9	3
6	8	3	9	4	7	1	5	2
7	9	5	2	3	1	6	4	8
2	1	4	8	5	6	7	3	9
4	7	9	6	8	2	3	1	5
8	5	2	4	1	3	9	7	6
3	6	1	5	7	9	8	2	4

Rebus Puzzle  
Page 7

1. Quarterback
2. Right down the middle
3. Lying down on the job

Send ideas and comments to:

**APAEP**  
1061 Beard-Eaves  
Memorial Coliseum  
Auburn University, AL 36849

UNTIL NEXT TIME 